

SHORTNESS OF BREATH SCALE

This shortness of breath scale may help you to recognise when your breathing becomes difficult.

- 1 MILD**
noticeable to you but not others
- 2 MILD, SOME DIFFICULTY**
noticeable to others
- 3 MODERATE DIFFICULTY**
but can continue activities
- 4 SEVERE DIFFICULTY**
you cannot continue activities

KEEP ACTIVE

- People with COPD can feel short of breath with activity even when well
- Regular exercise makes breathing easier and helps keep you well
- Learn to walk/move at a slower pace to avoid regular stops to catch your breath

TIPS TO HELP WITH BREATHING

- Breathe in through the nose
- Breathe out with pursed or puckered lips (as if you are whistling)
- Try to keep your shoulders relaxed and lean forward with your arms supported on a hard surface

USING A SPACER



If you use a metered dose inhaler, a spacer will help get medication into the lungs. Ask your doctor about a spacer if you don't already have one.

- 1 Shake the inhaler well (holding it upright)
 - 2 Fit the inhaler into the opening at the end of the spacer
 - 3 Seal lips firmly round the mouthpiece
 - 4 Press the inhaler **once only**
 - 5 Take 5-6 slow breaths in and out through your mouth. Do not remove the spacer from your mouth between breaths
 - 6 Remove spacer from your mouth
 - 7 Repeat these steps (1 - 6) for further doses
 - 8 Wash the spacer once a week with warm water and dishwashing liquid
- Do not rinse. Drip dry.**
This reduces the electrostatic charge so that the medicine does not stick to the spacer sides



COPD

COPD

(A chronic lung disease)

Management Plan

Every March see your doctor
for an influenza vaccine

Supported by  **Boehringer
Ingelheim**

This COPD Management Plan belongs to:



The Asthma and
Respiratory Foundation
of New Zealand (Inc.)
Te Taumatua Huango,
Mate Ha o Aotearoa

Helping people to breathe easier

COPD Management Plan

SYMPTOMS

WHEN YOU ARE WELL - KNOW

- How much you can do each day
- How your breathing is at rest and during activity
- What makes your breathing worse
- What your appetite is like
- How well you sleep
- How much sputum you have, and its colour

ACTION

LIFESTYLE TIPS

- Stop smoking and avoid smoky environments
- Have something to look forward to each day
- Exercise every day
- Plan ahead and allow enough time to do things
- Eat a balanced diet
- Drink plenty of fluids
- Avoid things that make you worse
- Never run out of medicines
- Regular medication and wellbeing check at GP

MEDICATIONS

Reliever @ puffs times a day
 @ puffs
Other @ puffs times a day
 @ puffs times a day
 @ times a day

WORSENING SYMPTOMS

- More breathless or wheezy than usual
- Change in amount and/or colour of sputum
- Fever
- Need to use inhalers/nebuliser more than usual
- Reduced energy for daily activities
- Loss of appetite
- Increasing tiredness and/or poor sleep
- Cough – new or increased

WHAT TO DO

- If you have an infection (fever and/or yellow/green sputum), start antibiotics
- Increase your medications
- Reschedule your day to allow more time for rest
- Use relaxation techniques
- Clear sputum with huff and cough techniques
- Eat small amounts regularly
- Drink extra fluids

Continue your usual medications.

Increase or start the following medications:

@ puffs times a day
 @ puffs times a day
 @ times a day

SEVERE SYMPTOMS

If no better in days

Contact the doctor for an urgent review

Daytime tel:

After hours tel:

Continue your usual medications. Start the following medications:

times a day

EMERGENCY

- Very short of breath at rest
- Chest pains
- A feeling of agitation, fear, drowsiness or confusion
- High fever

**Dial 111
for an ambulance**

Patient Name:

Doctor: Tel:

Date plan prepared: / / By:

Review Date: / / By:

No Symptoms

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Severe